

2013 START SMART CLASS SCHEDULE

COST PER SESSION: \$30

For ages: 3 - 5

Must be three or older by first day of class!

Start Smart is a great program for parents to spend time with their children and help prepare them for future participation in youth sports. All classes are taught in a safe, noncompetitive atmosphere to help your child build confidence and most importantly, have FUN! **Parents are required to attend and participate at each class! Registration is ongoing or until classes fill.** Registration includes instructor, t-shirt, award, and equipment usage. Manuals may be purchased for \$5. **All Classes to be held at Sandy Parks & Recreation building (440 East 8680 South).**



MULTI SPORTS SKILL DEVELOPMENT

This program focuses on preparing children for participation in organized sports and teaches basic skills including: dribbling, throwing, catching, kicking, batting, and running/agility.

Session 1: April 9, 16, 23, 30, May 7, 14

Day: Tuesday **Time:** 5:30 - 6:15 pm

Session 2: April 10, 17, 24, May 1, 8, 15

Day: Wednesday **Time:** 6:30 - 7:15 pm

Session 3: April 11, 18, 25, May 2, 9, 16

Day: Thursday **Time:** 5:30 - 6:15 pm

Session 4: May 21, 28, June 4, 11, 18, 25

Day: Tuesday **Time:** 5:30 - 6:15 pm

Session 5: May 22, 29, June 5, 12, 19, 26

Day: Wednesday **Time:** 6:30 - 7:15 pm

Session 6: May 23, 30, June 6, 13, 20, 27

Day: Thursday **Time:** 5:30 - 6:15 pm

Session 7: July 9, 16, 23, 30, Aug 6, 13

Day: Tuesday **Time:** 5:30 - 6:15 pm

Session 8: July 10, 17, 31, Aug 7, 14, 21

Day: Wednesday **Time:** 6:30 - 7:15 pm

Session 9: July 11, 18, 25, Aug 1, 8, 15

Day: Thursday **Time:** 5:30 - 6:15 pm

Session 10: Aug 20, 27, Sept 3, 10, 17, 24

Day: Tuesday **Time:** 5:30 - 6:15 pm

Session 11: Aug 28, Sept 4, 11, 18, 25, Oct 2

Day: Wednesday **Time:** 6:30 - 7:15 pm

Session 12: Aug 22, 29, Sept 5, 12, 19, 26

Day: Thursday **Time:** 5:30 - 6:15 pm

Program Registration Information

ONLINE REGISTRATION:

www.sandy.utah.gov/parks (available for most sports & programs)

IN PERSON:

Sandy Parks & Recreation - 440 East 8680 South
Monday - Friday 8 am to 6 pm 801.568.2900



SOCCER

This program teaches the basics of soccer including kicking, dribbling, trapping, throw-ins, and agility.



Session 1: April 10, 17, 24, May 1, 8, 15

Day: Wednesday **Time:** 5:30 - 6:15 pm

Session 2: April 11, 18, 25, May 2, 9, 16

Day: Thursday **Time:** 6:30 - 7:15 pm

Session 3: May 22, 29, June 5, 12, 19, 26

Day: Wednesday **Time:** 5:30 - 6:15 pm

Session 4: July 10, 17, 31, Aug 7, 14, 21

Day: Wednesday **Time:** 5:30 - 6:15 pm

Session 5: Aug 28, Sept 4, 11, 18, 25, Oct 2

Day: Wednesday **Time:** 5:30 - 6:15 pm

BASEBALL/SOFTBALL

This program focuses on teaching the basics of baseball including throwing, catching, batting, running, and agility.



Session 1: April 9, 16, 23, 30, May 7, 14

Day: Tuesday **Time:** 6:30 - 7:15 pm

Session 2: May 23, 30, June 6, 13, 20, 27

Day: Thursday **Time:** 6:30 - 7:15 pm

Session 3: July 9, 16, 23, 30, Aug 6, 13

Day: Tuesday **Time:** 6:30 - 7:15 pm

FOOTBALL

The program focuses on teaching basic football skills including throwing, catching, kicking/punting, and running/agility.



Session 1: July 11, 18, 25, Aug 1, 8, 15

Day: Thursday **Time:** 6:30 - 7:15 pm

Session 2: Aug 22, 29, Sept 5, 12, 19, 26

Day: Thursday **Time:** 6:30 - 7:15 pm

BASKETBALL

This program teaches the basic motor skills necessary to play organized basketball including dribbling/ball handling, passing/catching, shooting and running/agility.



Session 1: Aug 20, 27, Sept 3, 10, 17, 24

Day: Tuesday **Time:** 6:30 - 7:15 pm